

## Quick Connect Anchor

### Abstract

A quick connect anchor 20 for attachment to a cooperating fastener 110, the anchor including: a plate 30 configured to be placed over the fastener and configured to be moved in a first direction from a free position to a locked position; and a resilient blocking member 50 movable with the plate from a first position, in which the resilient member is free from the fastener, to an engaged position in engagement with a portion of the fastener, to resiliently connect the plate with the fastener when the plate is in its locked position.